

Eating Disorders



teams up with **Biocare Ltd.,**

Introduces the ***Effective Weight Management, short version*** programme aimed at achieving long-term weight loss.

This **Effective Weight Management** programme aims to follow a small group of participants¹ throughout a whole year. It starts with a compulsory **2 month programme** whereby each group meets once a week for 1.5 hours.

The programme also includes 2 compulsory **nutrition** and **physical activity workshops**.

The focus of this programme is on:-

- Understanding **individual maladaptive eating patterns** and their origins. This way each participant will learn to undo these behaviours while learning new techniques for dealing with these moments when they occur. These behaviours can vary ranging from binge eating to starvation.
- Body image and self-acceptance while learning that being feminine is about an attitude and not about looking in a particular way. Media Literacy.
- A strong focus on nutritional re-education and physical activity.
- The Nutrition Workshops will explain how losing weight is not about starvation and deprivation. They will also focus on how the body works and how we can benefit from the use of varied exercise programmes.
- The Physical Activity Workshop will expose you to physiopilates and contemporary jazz classes
- The Psychotherapy of choice is an integrative approach combining cognitive-behavioural therapy, gestalt psychotherapy and object-relations techniques. We also use a variety of expressive art methods including dance and movement.
- Each session will create the next according to the participants' needs.

¹ Maximum 8 participants per group

Our Team Members:

- **Ryana Borg** and **Anne Marie Burke** hold a BSc (Hons) in physiotherapy and are qualified physiopilates instructors.

- **Alison Camilleri** is a professional dancer, Artistic Director & Coordinator at The Artistic Dream.

- **Mario Caruana** holds a BSc. (Hons.), PQDip N&D, MSc.Dietetics (UK), MBDA, RD [read more at www.mariocaruana.com] and is a registered dietician.

- *dottoressa* **Dorothy Scicluna**, is a **certified Clinical Psychologist** and **Psychotherapist**, B.A. (Gen); Dott. in Psi. Clinica (Padova); Dip. Gestalt Psychotherapy (GPTIM)

- **Donald Caligari Conti** is the founder of the Slow Cooking Movement in Malta and runs and owns Tal-Petut, The Private Dining Restaurant in Vittoriosa.